



MANOLO BLAHNIK

Guiso de Carne

“One of my absolute favourite special family dishes. This traditional stew uses time and simple technique to draw out the lovely flavours of fresh vegetables, tender beef, a divine sauce and a rich, slightly sweet picada.” – Manolo Blahnik

INGREDIENTS FOR THE STEW

450g beef shoulder
Flour
Olive oil
½ tbsp salt
1 pinch freshly ground pepper
2 yellow onions
2 carrots
2 garlic cloves
1 tbsp tomato paste
2 bay leaves
2 sprigs fresh thyme
2 sprigs fresh rosemary
425g fresh diced tomato
200ml water
2 tbsp flour
1200ml beef stock
120ml fresh mushrooms

INGREDIENTS FOR THE PICADA

1 garlic clove
1 handful fresh parsley
1 handful toasted almonds
5g dark chocolate
120ml water



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METHOD

When purchasing the meat, kindly ask your butcher to clean the shoulder of any nerves and tendons – one of the most important secrets to a deliciously tender stew.

At home, cut the meat into chunks and season each piece with salt and freshly ground pepper, then cover in flour and give it a little shake to remove any excess. Cover the bottom of a Dutch oven with olive oil and brown the meat on all sides, then remove and set on a plate for later.

Finely dice the onions and carrots and sauté these in the same Dutch oven until both are cooked through – they’ll turn a divine golden colour. Mince the garlic then add it in and sauté for just a minute. Add the tomato paste and herbs and sauté for one minute more.

Now add the meat back in along with the juices released while it

was resting. Cover it with the diced tomatoes, water – you can also use a red wine instead, whatever your fancy. Bring to a boil then add the flour to thicken and lower to a simmer until the liquid has reduced by about half. Pour in the beef stock, enough to fully cover the meat in liquid. Cover the pot and let simmer for an hour, just come back every now and then to give it a little stir.

While that’s happening, make the picada simply by placing all ingredients into a food processor and pulsing until smooth. Add slowly to taste after the stew has been simmering for an hour. Add a touch of olive oil, salt and freshly ground pepper to a frying pan and sauté the fresh mushrooms. Add these to the stew immediately before serving.